

The Complete Guide to the Coronavirus (COVID-19): Symptoms, Prevention, Diagnosis & Treatment.

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THE COMPLETE GUIDE —— TO THE —— CORONAVIRUS (COVID-19)

**SYMPTOMS, PREVENTION,
DIAGNOSIS & TREATMENT**



DR. W. NESS

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DIAGNOSIS & TREATMENT**



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What is the Coronavirus?

Coronaviruses are a family of viruses that usually effect the respiratory tract in birds and animals, including, cats, dogs, rodents, pigs, cattle and humans.

In 1960 researchers first discovered a coronavirus that will affect humans, this version, human coronavirus or HCoV is one that is responsible for most common colds and more serious diseases are not that common, until the recent outbreak (2020) of COVID-19.

There are 3 new variations of the coronavirus that have been discovered in recent years, these include:

SARS (Severe Acute Respiratory Syndrome).

A serious and sometimes fatal variant of the coronavirus that was discovered in China in 2002 and spread globally.

MERS (Middle East Respiratory Syndrome).

A severe illness that affected the respiratory process. MERS spread to several other countries around the world although all cases were linked directly to traveling to the Middle East.

COVID-19 (Coronavirus Disease 2019).

Discovered in late 2019 in Wuhan City, China. This variation of the virus has spread to several countries including Italy, The United States, The United Kingdom, Australia and Ireland.

How Serious is Coronavirus?

Public health officials around the globe agree that the coronavirus is less deadly than SARs however, as of yet they are not 100% certain of how deadly this new strain of coronavirus (covid-19) actually is.

At least 2% of individuals who have contracted the coronavirus globally have been fatal cases but as there is so little currently known about the virus at this time, that rate could be lower/higher.

Effects of the Coronavirus on Humans.

Due to it being a brand-new virus, there is still a lot that the scientific and medical communities do not know about it however, from what has been discovered, it should be taken seriously as it can have a devastating effect on the human body overall.

What is currently known about the coronavirus and how it affects the human body is as follows.

Lungs.

Individuals who may have contracted the coronavirus typically have respiratory problems first. These can range from mild symptoms such as random dry coughs to more serious shortness of breath, or possibly life-threatening pneumonia and irreversible lung damage.

Stomach & Intestines.

Some individuals who have contracted coronavirus have reported symptoms such as nausea and diarrhea but these tend to be less common overall.

Heart & Bloodstream.

Irregular heartbeats, low blood pressure and lack of blood to vital organs is another symptom of having contracted coronavirus although, there has been no evidence directly linking the coronavirus to direct heart damage.

Liver & Kidneys.

Many individuals who have contracted coronavirus have had higher levels of enzymes entering the bloodstream due to damage or inflammation of the liver.

In addition, some individuals who have contracted COVID-19 have been shown to have acute kidney damage including the need for emergency kidney transplants.

Immune System.

As with any type of infection, the human body will begin to attack the bacteria or viral infection.

In the case of coronavirus, the body releases so many natural defenses against coronavirus that it begins to cause inflammatory issues with multiple organs in the body.

How Does Coronavirus Spread?

How easy the coronavirus spreads is not fully understood as yet however, most viruses can be spread via person-to-person contact, through respiratory drops after coughing or sneezing, by contact with the virus on surfaces and object.

It is currently not thought that an individual can spread the coronavirus without being sick themselves.

The most common methods of spreading the coronavirus are as follows:

- Close Contact.

- Respiratory Droplets.

- Surface Transfer.

- Community Spread.

Community spread of the coronavirus has been reported whereby individuals who have become infected are not aware of how they contracted the virus or even where they contracted it.

Who is at Risk for Coronavirus?

Similarly, to other respiratory based illnesses, older individuals and those persons who have high blood pressure and diabetes are at greater risk of contracting coronavirus.

The main groups at risk of contracting the coronavirus are:

Men.

Diabetics.

Individuals with High Blood Pressure.

Older Individuals.

Individuals with Heart Disease.

People who Work with the Public Regularly.

People who have Travelled Recently.

Healthcare Workers.

Coronavirus Symptoms.

The main symptoms of coronavirus mimic that of the common cold or flu and usually begin to appear in 2-5 days after an infection. It should also be noted that symptoms may differ from individual to individual.

Common coronavirus symptoms may include the following:

Sneezing.

Runny Nose.

Breathlessness.

Aches.

Diarrhea.

Cough.

Fatigue.

Fever.

Sore Throat.

Asthma Attacks.

If you think you have any of these symptoms above and feel like they could be related to contracting the coronavirus, it is recommended that you call 911 and tell the operator your symptoms and ask that you be taken to the hospital for testing.

How to Prevent Coronavirus?

There are a wide range of methods individuals can use to prepare for a coronavirus outbreak, these are fortunately, easy to achieve and are the usual recommendations for avoiding viral colds and infections in general, including:

Staying Calm.

Don't spread panic, don't be afraid, fear and panic should not be the primary response to an outbreak of coronavirus.

Do Not Share Utensils.

Avoid sharing eating, drinking, bath towels and items of clothing with other people to reduce the risk of spreading the coronavirus.

Wash Hands Regularly.

Whenever possible, after going to the bathroom, being in public places, working outside and traveling on public transport, be sure to wash your hands thoroughly, it is recommended that a person wash their hands with soap and water for at least 20 to 30 seconds to help reduce the risk of contracting the coronavirus.

Cover Nose & Mouth when you Sneeze.

As with most common colds, including the flu, covering a person's nose and mouth when they sneeze, as well as sneezing into your elbow can help reduce the possibility of transmission of the coronavirus.

Sanitize Surfaces & Objects.

Recommendations are that hard surfaces and objects that an individual may come into contact with on a regular basis be cleaned with a disinfectant solution.

Avoid Touching Eyes, Nose, Mouth.

By avoiding touching a person's eyes, nose and mouth, bacteria and viruses spreading is reduced, if you do need to touch these parts of the body, be sure to wash your hands afterwards.

General Cleanliness.

The primary way to reduce the risk of contracting the coronavirus is to ensure that levels of cleanliness are maintained, use soap and water regularly on hands, especially at meal times and after using bathrooms to lower the possibility of contracting the virus.

Use Hand Sanitizer.

It is recommended that individuals also utilize hand sanitizers with at least 60% alcohol solution where fresh water and soap is not readily available.

Testing for Coronavirus.

A doctor or medical professional will take a sample of a person's respiratory fluids from an individual's nose, or a sample of blood to begin testing for coronavirus infection.

If your medical provider or doctor think you may have COVID-19 he or she will contact the CDC or local health department, you may also be sent to a special laboratory for testing.

The types of tests currently used to detect coronavirus infection are:

Swab Test.

An individual's health care professional will use a special swab to take a sample of the mucus in a person's nose or mouth.

Nasal Aspirate.

By injecting a saline solution into an individual's nose and then suctioning it out, this solution will then be used to test for coronavirus infection.

Tracheal Aspirate.

In some instances, an individual's medical provider may insert a bronchoscope down their mouth and into their lungs to take a sample for testing, although this is rarely used.

Sputum Test.

A person's medical practitioner may require them to cough up sputum (phlegm) from their lungs into a special cup, an individual may also need to have a sample taken from their nose also.

Blood Draw.

By taking a sample of blood directly from an individual's arm, a health care professional can use this draw to test for coronavirus.

At present, there is no 'norm' when it comes to testing for coronavirus so an individual may need to take one, or all of these tests mentioned above to give their medical provider a much better idea of the scope (if any) of infection with the coronavirus.

How is Coronavirus Treated?

There is no cure presently for the coronavirus.

Treatments for the coronavirus are typically over the counter (OTC) medications and self-care that can include the following:

- Wear a Face Mask.

- Rest and Avoid Over Working.

- Drink Plenty of Water.

- Avoid Smoking Tobacco Products.

- Take OTC Medications (Acetaminophen, ibuprofen, Etc.)

- Use a Humidifier or Mister to Stay Cool.

In addition, if an individual's symptoms get worse, they may be required to go to the hospital, this usually happens when signs of pneumonia are noticed.

Coronavirus Myths.

As with any medical outbreak, there are a plethora of myths surrounding the current outbreak of the coronavirus, many of these start from individuals not fully understanding just what COVID-19 is and how it spread, the most common myths about the coronavirus are as follows.

Hand Dryers.

No, despite some information currently circulating around social media platforms, hand dryers are not effective in protecting against COVID-19.

Ultraviolet Lamps.

As with hand dryers, UV light is not effective in protecting against the coronavirus. In fact, excessive use of UV light can cause skin irritation, making it easier to contract the coronavirus.

Alcohol / Chlorine Sprays.

Dousing an individual's body in alcohol or chlorine will not kill the coronavirus if it has already entered the body. Doing so can actually be damaging to clothing and mucus membranes that help protect against contracting COVID-19.

Pets will Spread Coronavirus.

Definitely not.

There is no evidence to suggest your animal companions will contract or spread coronavirus. That being said, as with normal daily living, it is always a good idea to wash your hands after playing with your pets.

Existing Vaccine Protection.

No. Existing vaccines and individual may have received will not protect them from the coronavirus. It is a new virus and as such, requires its own unique vaccine to be developed as a cure.

Only Old People Will Contract COVID-19.

Not at all. Anybody is at risk of contracting coronavirus however, older individuals and those with pre-existing medical conditions are more vulnerable at becoming ill.

Antibiotics will Prevent Contagion.

No. Taking antibiotics will have zero effect on stopping the coronavirus. Antibiotics only work against bacteria's, not viruses.

Wearing a Facemask will Protect Me.

Unfortunately, not. Wearing a facemask does not offer any preventative measures against contracting COVID-19. While face masks are useful for stopping transmission in patients who are diagnosed as having coronavirus, they will not prevent a person from catching it.

Coronavirus Overview.

Outbreaks of coronavirus variations among people are always a health concern for medical professions, public officials and citizens. Many of the risks of these outbreaks depend on the characteristics of the specific strain of virus and how well it spreads to individuals and the resulting illness.

While the risk for COVID-19 is high globally, to the general public, it is worth noting that there is no reason to panic or start to stockpile food or sanitary products.